



The Baby-Led Weaning Cookbook: 130 Recipes That Will Help Your Baby Learn to Eat Solid Foods-and That the Whole Family Will Enjoy

Tracey Murkett, Gill Rapley

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Forget baby purées and spoon-feeding—there's an easier, more natural way to introduce your little one to solid foods. By about six months, when babies can sit up unassisted, grab things, and munch on them, they are ready to join the family at the kitchen table and discover real, solid food for themselves.

Baby-led weaning sets the stage for healthy eating habits in the years ahead by helping babies learn to feed themselves, to gauge appetite, and to love a variety of nutritious foods. Now, with *The Baby-Led Weaning Cookbook*, cooking family meals that your little one can share will be a cinch. Gill Rapley and Tracey Murkett—coauthors of *Baby-Led Weaning*, the book that started the movement—collect 130 recipes perfectly suited for baby-led weaning, as well as:

- Straightforward advice on which foods to start with
- Essential at-a-glance information on nutrition and food safety
- Healthy ideas for quick snacks, delicious desserts, and meals for the whole family
- Anecdotes and quotes from parents who follow baby-led weaning
- Tips on minimizing the mess, keeping food the right size for little hands, and more!

The Baby-Led Weaning Cookbook will give you the recipes and the confidence to create exciting, enjoyable mealtimes that encourage little ones to develop at their own pace.

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From Reader Review The Baby-Led Weaning Cookbook: 130 Recipes That Will Help Your Baby Learn to Eat Solid Foods-and That the Whole Family Will Enjoy for online ebook

Frances Lee says

This was.. Okay. I read the baby led weaning book first, and was really impressed by the depth of information and the logic behind baby led weaning. I had hoped for some great recipes in this book to back up the ideas.

The recipes are good and I will try quite a few of them, but I didn't realise that half the book is given over to a summary of what is in the full baby led weaning book. This meant it felt like a bit of a waste to have bought both.

Karen says

Since introducing a variety of foods and textures is a key part of BLW, it's been helpful to have recipes to branch out to from my normal dinner rotation. BLW is from the UK, so a lot of the recipes are British. It's also a collection of recipes from families, so the directions are sometimes not as specific as cookbooks written by cooks. (e.g. often little indication on low/med/high heat) I love the brief summary at the front of BLW principles and BLW skill development from 6m+. I've found this really helpful overall and am getting good reviews from my husband and 8month old.

Laura says

No photos of the food- I like a visual guide in my cookbooks.

Christine says

I liked the concept of feeding the baby what we're eating and the recipes looked interesting, but with Q not able to eat grains yet, it's just not going to work out for us.

Jill Delong says

Mostly used it as a guideline for the first few months of solid food. But we had a difficult-to-place food sensitivity, so we ended up not using the recipes in here at all.

Heidi says

Much better format than the original BLW book. I appreciated that summary of how to BLW and then having a selection of recipes to use.

Lucy Ponton says

A collection of BLW recipes. Easy to dip in and out of when needed. I feel that more veg could be added to the dishes to bulk them out a bit more for hungrier people. Most of the recipes were good and we would have again. The favourite by all is the tomato and tuna pasta!

Emily Monroe says

This book provides both the reasons why and the "how-to" for Baby Led Solids. "Weaning" is not what this is about - really, this book helped me prepare for introducing solids to my six month old, who has been wanting to eat off my plate for several weeks! The recipes are simple and delicious and portioned just right for two adults and a baby. If you have a bigger family, there is a cookbook that serves the right size portions. This was recommended to me over the original "Baby Led Weaning" book, since it comes with recipes to help introduce a variety of foods. I highly recommend it.

Terri Junk says

Helpful

Especially helpful for non-cooks. Probably a lot is common sense, but nice to have all in one place for easy reference. A nice selection of vegetables to try.
